

900 CHANNEL SCHEDULE Wednesday, Sept. 2nd, Thursday, Sept. 3rd & Friday, Sept. 4th

- Wed. Sep 2 9:00AM Daily Devotional with Chaplain Jen Osheim-Owen
- Wed. Sep 2 11:00AM Balance Barre Class with Vanessa- Vitality in Motion
- Wed. Sep 2 1:00PM Seated Exercise
- Wed. Sep 2 2:00PM Balance Barre Class with Vanessa- Vitality in Motion (REPEAT)
- Wed. Sep 2 3:00PM Gentle Chair Yoga
- Wed. Sep 2 3:30PM Daily Devotional with Jen Osheim-Owen (REPEAT)
- Wed. Sep 2 4:00PM Seated Exercise
- Wed. Sep 2 7:00PM Carol Burnett Show with Tim Conway, Edward Villella & Lucette Aldous
- Thurs. Sep 3 9:00AM Gentle Chair Yoga
- Thurs. Sep 3 11:00AM Balance Barre Class with Vanessa- Vitality in Motion
- Thurs. Sep 3 1:00PM Seated Exercise
- Thurs. Sep 3 2:00PM Balance Barre Class with Vanessa- Vitality in Motion (REPEAT)
- Thurs. Sep 3 3:00PM Rick's Ramblings
- Thurs. Sep 3 4:00PM Seated Exercise

900 CHANNEL SCHEDULE Continued

- **Thurs. Sep 3 7:00PM Bermuda- A Crown in the Atlantic**
- **Fri. Sep 4 9:00AM Prayer for Peace Within**
- **Fri. Sep 4 10:00AM Rick's Ramblings (REPEAT)**
- **Fri. Sep 4 11:00AM Balance Barre Class with Vanessa- Vitality in Motion**
- **Fri. Sep 4 1:00PM Seated Exercise**
- **Fri. Sep 4 2:00PM Balance Barre Class with Vanessa- Vitality in Motion (REPEAT)**
- **Fri. Sep 4 3:00PM Gentle Chair Yoga**
- **Fri. Sep 4 4:00PM Seated Exercise**
- **Fri. Sep 4 7:00PM Chamber Music Society of Lincoln Center**